# How to order hormones online

Some people in our community choose to take hormones they buy online. Some people get them online without going to a doctor:

- to save money
- to save time
- to keep it out of their medical record
- to keep others from knowing

**It is safer to take hormones under your doctor's care.** I hope you will get a prescription by visiting your health provider in person. Most American adults can also go to a local health service like Planned Parenthood in your US state.

If you can not visit a doctor in person, here are ways to order hormones online.

> This page is written for adults. If you are not an adult, see how to get hormones as a minor.

# Before you start

**Know the risks**

People who plan to take hormones must think about reproductive options before they start. **Hormones may change your body so you can not make children.** You should know the other possible risks and side effects before you start.

**Avoid non-prescription "hormones"**

Hormones are prescription drugs. Some stores like Amazon and stores for gender diverse people sell "hormones" that do not need a prescription. Do not buy these. To learn more, see this page on non-prescription "hormones."

# Legal online options

Some American adults order legal hormone prescriptions from **US-based online services**. You must sign up and meet with them online to get prescriptions. They often make you pay for the meeting and blood tests. Then you pay for the hormones and the shipping. Some let you subscribe so your hormones come on a schedule. Then they mail them to you. They do not ship to all US states. They usually do not ship outside the US.

Listings are not endorsements. You must do your own research.

- **TransClinique** (transclinique.com π"„)
- **Folx Health** (folxhealth.com π"„)

- **True U Clinic** (trueuclinic.com Π”„)
- **Plume** (getplume.co Π”„)
- **NewEra Pharmacy** (newerapharmacy.com Π”„)
- **Gender GP** (gendergp.com)
- **QueerDoc** (queerdoc.com Π”„)

To learn more about each of these, including the US states they serve, see online legal US options.

## Foreign pharmacies

Some people order hormones online from **foreign pharmacies**.

- Buying and importing prescription drugs without a prescription is probably **against the law** where you live.
- Because it is against the law, you might lose the money you paid:
  - No drugs sent
  - Fake drugs sent
  - Drugs taken by police at the border

If you wish to take that risk, here is how to do it.

## 1. Choose hormone options and dosing

People who plan to take hormones must think about reproductive options before they start. **Hormones may change your body so you can not make children.**

I recommend getting a **blood test** before you start, then get regular tests after to monitor your levels.

- **estrogen** (total, serum, and free)
- **testosterone** (total, serum, and free)

- **Complete Blood Count** (CBC)
- **kidney profile/electrolytes**
- **TSH** (thyroid)
- **prolactin**
- **potassium** (if on spironolactone)
- **AST/ALT or LFT** (liver function)

Other recommended tests:

- **dihydrotestosterone** (DHT)
- **sex-hormone binding globulin** (SHBG)
- **Dehydroepiandrosterone** (DHEA)
- **Dehydroepiandrosterone sulfate** (DHEA-S)
- **Follicle-stimulating Hormone** (FSH)
- **Luteinizing Hormone** (LH)
- **Insulin-Like Growth Factor 1** (IGF-1)
- **Vitamin D, 25-Hydroxy**
- **Pregnenolone**
- **Cortisol**
- **Progesterone**

Many online pharmacies sell blood test kits, but I recommend getting it done locally.

**Dosage guidelines:**

- Dosage for trans women and transfeminine people
- Dosage for trans men and transmasculine people
- Options for gender diverse people

## 2. Choose where the order will be sent

**To your home**

- If you live with your family or friends, they might find and open the package.
- **Do not have hormones mailed to your job.** You might get fired or your coworkers might find out.

**To your private mailbox**

- You can rent a private mailbox to get packages at a local UPS Store or other business that rents private mailboxes.
- This will probably cost $200 to $300 a year for a small box.
- Some private places may offer them to minors. Some do not.

**To your US Post Office mailbox**

- This will probably cost $20 to $200 a year for a small box.
- Americans under age 18 can get a post office box. I have written a separate page on getting a post office box for minors.

**To a friend or relative**

- You need to trust them.
- You need to be sure they will not tell others if you are not out.
- You need to come out to them.
- You need to tell them the laws about buying these drugs without a prescription.

## 3. Choose how to pay

**Credit/debit cards**

- A credit card is better than a debit card because you can dispute or reverse charges more easily.
- If you have a bank account of your own (which you should do if you can), you can probably get a debit card that can be used to order online.

- There are a lot of scams online. Research before you give your card number. You could become a victim of identity theft.
- If others have access to your bank account, they may see that you placed the order. They might ask you about it.

**Cash by mail**

- This is a bad idea. They can just keep your money and say they never got it.
- Many places will not accept cash, especially if it is not the kind of money they use in their country.

**Check by mail**

- You may be able to mail a personal check for your order. This will take much longer, but is a choice. I recommend getting a money order instead of a check, because a money order does not include your account number.
- Some places that accept checks also accept e-checks that are drawn from your account based on an image of your check.

**Money orders**

- You can get a money order from your bank, or from a lot of retail outlets like Western Union, 7-Eleven, Walmart, Moneygram, currency exchanges, etc. Most charge $5 to $15 for a money order.
- You will need to know the exact amount and the name of the company to put on the money order.
- Some pharmacies will accept an image of your money order so you do not need to mail it.

**Money transfers**

- NEVER wire money directly to the business using your bank information.
- NEVER give them your bank information.
- Go to a retail outlet in person and pay with cash to make the wire transfer. This is a good option if you do not have a bank account or credit card.
- Many money transfer services also allow you to create an online account.

- You will need to know the exact amount and account information of the pharmacy, including the business name.
- Retail outlets include Western Union, MoneyGram, Walmart, 7-Eleven, and currency exchanges.

**Online payment services**

- Some places may allow you to pay via options like PayPal, Xoom, OFX, Zelle, or Wise.
- Peer-to-peer (P2P) options like Venmo and CashApp are generally for personal use and are not accepted by pharmacies.

**Cryptocurrency**

- Most online pharmacies accept cryptocurrency, especially bitcoin.
- You need a cryptocurrency account set up to send and receive money through those services.
- The easiest way to set up a cryptocurrency account is with Coinbase (coinbase.com Π”„)

# 4. Choose an online option

## Ships from outside the United States

Remember: **getting hormones without a prescription is against the law**. Online pharmacies may move or go out of business without warning. Listings are not endorsements. You must do your own research.

| Payment | Meaning |
| --- | --- |

| | |
|---|---|
| | Bank transfer |
| | Bitcoin |
| | PayPal |

| | |
|---|---|
| | Western Union ¤”„ |
| | Moneygram ¤”„ |
| | Wise ¤”„ |
| | Credit card |

| | |
|---|---|
| | Skrill Π”„ |

## These sites are not approved, recommended, or verified by this site in any way

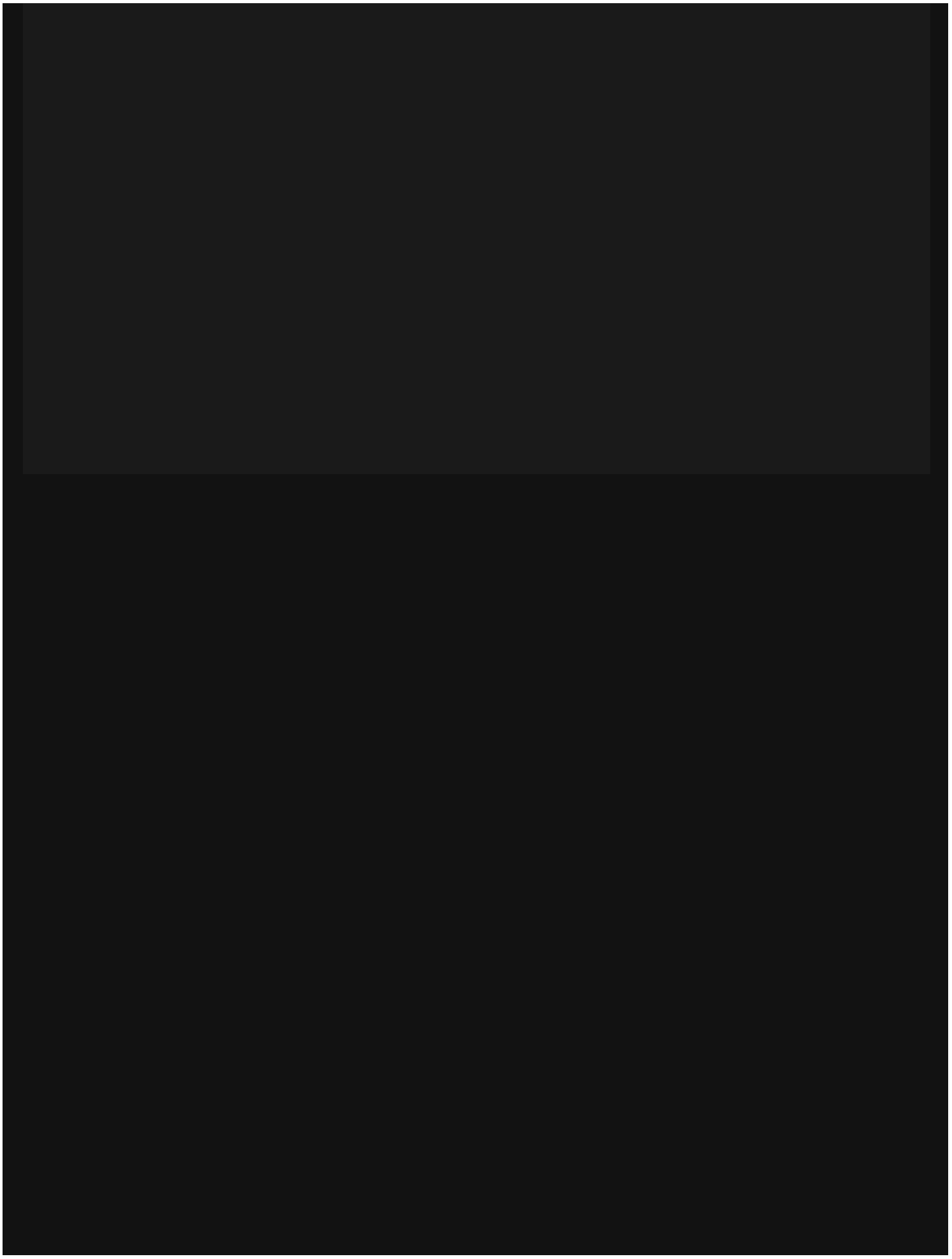
In June 2024, these domains were live. Listings are alphabetical. This is for information only and may no longer be accurate. You must do your own research.

| Shipper | From | Payments |
|---|---|---|
| AllDayChemist Π”„ | India | |

Amazing4Health ,,*  Thailand

Japan Health Π„„ Japan

Favskinhouse ,,,* Thailand



GlobalPharmacyPlus

Global

п”„

| | |
|---|---|
| inHouse Pharmacy п”„ | Vanatu |
| Lena п”„ | Ukraine |
| Medicina Mexico п”„ | Mexico |
| Medsengage п”„ | India |
| OTC-Online-Store п”„ | Russia |

Otokonoko π’’„* Brazil

PharmaOnline Π„ EU

Pilloid П”„ Russia

PlanetDrugsDirect Global

ReliableRxPharmacy

India

п”„

| | |
|---|---|
| RxAisle π”„ | Turkey |
| TeaHRT π”„ | USA |
| UnitedPharmacies UK π”„ | HK |

UnitedPharmacies US

HK

WebOrderPharmacy

India

| | |
|---|---|
| WebOrderPharmacy-UK Π”„ | India |

* express shipping available

## Notes: Not approved, recommended, or verified by this site in any way

Information below was last checked in 2024, but things can change quickly. This is for information only and may no longer be accurate.

- **All Day Chemist** (alldaychemist.com Π”„)
- **Amazing4Health** (amazing4health.com Π”„): Allows PayPal for returning customers. Express shipping available
- **Japan Health** (bio-japan.net Π”„): Offers injectables
- **Favskinhouse** (favskinhouse.com Π”„): Express shipping available
- **Global Pharmacy Plus** (globalpharmacyplus.com Π”„) Payment options: MasterCard or Visa. Personal Check (Orders placed under this payment type will be processed/shipped once your payment has been received, all Personal Checks need to be payable to “Global PH”.). International Money Order (Orders placed under this payment type will be processed/shipped once your payment has been received, all International Money Orders need to be payable to “Global PH”.). We do not accept American Express or Discover Card.

- **InHouse Pharmacy** (inhousepharmacy.vu ¶) 5% Discount over $25. February 2024: “currently significant Customs Processing Delays at JFK, NY and Newark, NJ ports of entry.”
- **Lena** (lena.kiev.ua/ev ¶) Offers injectables.
- **MedsEngage** (medsengage.com ¶) Payment options: Check (US customer only). E-Check (US customer only). Credit Card (US customer only). Offline payment. “You can pay for your order using offline method and our customer support representative will call you & suggest convenient payment method to complete your order.”
- **OTC-Online-Store** (otc-online-store.com ¶) Offers other payment options for orders over $100
- **Otokonoko Pharmaceuticals** (otkph.am ¶) Express shipping available. No longer ships to Canada as of 2022. Do not send bitcoin via Coinbase
- **PharmaOnline** (pharmaonline.tv/en ¶)
- **Pilloid** (pilloid.com ¶) Offers 20% discount for payment with bitcoin
- **Planet Drugs Direct** (planetdrugsdirect.com ¶) Payments: Electronic Checking (Please provide your banking Check information). Personal Check, Cashier’s Check or International Money Order
- **ReliableRxPharmacy** (reliablerxpharmacy.com ¶)
- **RxAisle** (rxaisle.com ¶) Based in Turkey, previously stayhealthynow.com
- **TeaHRT** (teahrt.com ¶) Includes a helpful crypto payment guide ¶
- **UnitedPharmacies UK** (unitedpharmacies-uk.md ¶)
- **UnitedPharmacies** (unitedpharmacies.md ¶) Offers 10% discount for bitcoin payment.
- **WebOrderPharmacy** (weborderpharmacy.md ¶) Offers 10% discount for bitcoin payment.
- **WebOrderPharmacy UK** (weborderpharmacy-uk.md ¶) Offers 10% discount for bitcoin payment.

## Historic domains

These domains were in operation before closing. Presented for historical and informational purposes.

- Aphrodite’s (aphrodites.shop) [archive ¶]
- Bangkok Retail (bangkok-retail.com) [archive ¶]
- BG Pharmacy (bg-pharmacy.com) [archive ¶]

- DragonOrdnance TR (dragonordnance.com) [archive Π”„]
- EUAibolit (euaibolit.com) [archive Π”„]
- Farmacy Houses (farmacy-houses.com) [archive Π”„]
- Farmazon (farmazon.cz) [archive Π”„]
- GoodStuffStore (goodstuffstore.net) [archive Π”„]
- InHouse Pharmacy (inhousepharmacy.vu) [archive Π”„]
- Otokonoko (otkph.com) [archive Π”„]
- Shape Shifter (sshifter.puzl.com) [archive Π”„]
- StayHealthyNow (stayhealthynow.com) [archive Π”„]
- UnitedPharmacies NL (unitedpharmacies.nl) [archive Π”„]

# Resources

**DIY HRT Cafe** (hrtcafe.net Π”„)

- Detailed information on pricing and options.
- Previously at hrt.cafe [not archived]
- Previously at diyhrt.cafe [archive Π”„]

**DIY Trans Wiki** (diyhrt.wiki Π”„)

- Previously DIY HRT Directory (diytrans.wiki) [archive Π”„]
    - https://diytrans.wiki/How_to_Begin_HRT [archive Π”„]

**DIY HRT Market** (diyhrt.market Π”„)

**TeaHRT** (teahrt.com Π”„)

- Community-based homebrew options and resources

**HRT Coffee** (hrt.coffee π”„)

**Reddit** (reddit.com π”„)

- TransDIY π”„

**Trans Harm Reduction** (transharmreduction.org π”„)

- Laboratory testing of HRT sources and helpful guidelines

**Trans Needle Exchange** (transneedles.org π”„)

- Free HRT needle supplies for those in need

**Drugs.com** (drugs.com π”„)

- Pill Identifier π”„
- Lets you check to see if the pills you got are what you ordered. Also available as a paid app π”„.

**Center for Safe Internet Pharmacies** (safemedsonline.org π”„)

**National Association of Boards of Pharmacy** (nabp.pharmacy π”„)

*Disclaimer: This is medical talk, not medical advice. Some of this may not apply to you. It is presented without warranty. It may contain errors or omissions. You must do your own research.*

*Note: This page is for adults ages 18 and above.*

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